

Period 13

**UNIT 2: HEALTH**

**LESSON 1-3 (Pronunciation)**

**I. Find the word whose underlined part differs from the other three in pronunciation.**

- |                          |                      |                    |                    |
|--------------------------|----------------------|--------------------|--------------------|
| 1. A. <u>g</u> ame       | B. <u>p</u> lane     | C. <u>b</u> and    | D. <u>m</u> ake    |
| 2. A. <u>pro</u> vided   | B. <u>lear</u> ned   | C. <u>inv</u> ited | D. <u>decid</u> ed |
| 3. A. <u>pl</u> an       | B. <u>arc</u> ade    | C. <u>s</u> ale    | D. <u>f</u> ace    |
| 4. A. <u>c</u> oncert    | B. <u>c</u> ycle     | C. <u>c</u> ollect | D. <u>c</u> abbage |
| 5. A. <u>vege</u> tables | B. <u>exerci</u> ses | C. <u>or</u> anges | D. <u>class</u> es |

**II. Find the word that differs from the other three in the position of primary stress.**

- |                 |               |              |               |
|-----------------|---------------|--------------|---------------|
| 1. A. dangerous | B. sociable   | C. fantastic | D. different  |
| 2. A. begin     | B. enjoy      | C. comment   | D. allow      |
| 3. A. tradition | B. attraction | C. capital   | D. effective  |
| 4. A. badminton | B. Saturday   | C. memory    | D. production |
| 5. A. lifestyle | B. survey     | C. classmate | D. asleep     |

**III. Choose the word (A, B, C or D) that best fits the space in the following passage.**

Nothing is as precious as good health. Following are some guidelines to being fit and healthy:

- Eat a healthful diet. You should eat a variety of food. You should not eat too (1)\_\_\_\_\_ sugar or fat. A diet without sugar or fat is not good, either. Eat a lot of vegetables. Avoid (2)\_\_\_\_\_ food and soft drinks. Remember (3)\_\_\_\_\_ a lot of water.
- Exercise regularly. You can play a sport three or four times a week. You can even give up your bikes and cars and walk.
- Maintain a daily routine. This routine should balance between life (4)\_\_\_\_\_ work. Being under great stress can destroy your health very quickly. Good (5)\_\_\_\_\_ is what everyone wishes for. It is neither difficult nor easy to stay fit. You need to be determined to do good things for your health.

- |                   |               |              |               |
|-------------------|---------------|--------------|---------------|
| 1. A. many        | B. much       | C. some      | D. a lot of   |
| 2. A. junk        | B. fast       | C. energetic | D. slow       |
| 3. A. to drinking | B. drinks     | C. to drink  | D. drank      |
| 4. A. to          | B. opposite   | C. behind    | D. and        |
| 5. A. health      | B. lifestyles | C. food      | D. vegetables |

**IV. Rewrite each of the following sentences in another way so that it means almost the same as the sentence printed before it.**

1. My mother didn't sleep well last night, so she is tired now.  
→ Because \_\_\_\_\_
2. It's good for him to stop smoking.  
→ He should give \_\_\_\_\_
3. Of all vegetables, Mai's brother likes cabbages the most.

→ Mai's brother's favourite \_\_\_\_\_

4. There is nothing we can do.

→ There isn't \_\_\_\_\_

5. It took him two hours a day to do more exercise.

→ He spent \_\_\_\_\_

**Period 14**  
**UNIT 2: HEALTH**  
**LESSON 2-1 (New words)**

**I. New words**

1. feel	(v)	/fi:l/	: có cảm giác, cảm thấy
→feeling	(n)	/'fi:liŋ/	: sự cảm thấy
2. fever	(n)	/'fi:vər/	: cơn sốt
3. get rest	(v)	/get rest/	: nghỉ ngơi
4. have – had – had	(v)		: sở hữu, có
5. keep – kept – kept	(v)		: giữ, lưu, duy trì
6. late	(adv)	/leit/	: chậm, muộn, trễ
7. lazy	(adj)	/'leizi/	: lười biếng
→laziness	(n)	/'leizɪnəs/	: sự lười biếng
8. medicine	(n)	/'medɪsn/	: thuốc
→medical	(adj)	/'medɪkəl/	: thuộc về y khoa
9. sore throat	(n)	/sɔ:r 'θrəʊt/	: đau họng
10. stay up late	(v)	/steɪ ʌp leɪt /	: thức khuya
11. take – took - taken	(v)		: lấy
12. vitamin	(n)	/'vaɪtəmi:n/	: vitamin
13. warm	(adj)	/wɔ:rm/	: ấm
→warmth	(n)	/wɔ:mθ/	: sự ấm áp
14. weak	(adj)	/wi:k/	: yếu
→weakness	(n)	/'wi:knəs/	: sự yếu ớt

**II. Choose the word or phrase (A, B, C or D) that best fits the space in each sentence.**

- She has no energy and can't do any work. She feels \_\_\_\_\_.  
 A. weak                      B. hot                      C. healthy                      D. well
- My mother has a cough and a \_\_\_\_\_. It hurts when she drinks.  
 A. rest                      B. medicine                      C. sore throat                      D. vitamin
- Wearing a thick jacket and scarf to \_\_\_\_\_ in the winter is good for your health.  
 A. get some rest                      B. take vitamins                      C. stay up late                      D. keep warm
- \_\_\_\_\_ fast food do you eat every week?  
 A. How many                      B. How often                      C. How much                      D. How
- You look tired. You \_\_\_\_\_ get some rest.  
 A. shouldn't                      B. should                      C. not should                      D. ought not to
- A- "I can't read this letter because it's small."  
 B - "I think you should \_\_\_\_\_."  
 A. take your eye test                      B. sit down                      C. eat something                      D. eat too much candy
- \_\_\_\_\_ some ginger tea if you have a stomachache.  
 A. See                      B. Watch                      C. Keep                      D. Drink
- It's a good idea to get a \_\_\_\_\_ from an independent adviser.  
 A. lunch                      B. enough water                      C. a healthy check                      D. fast food
- The doctor told me to take some \_\_\_\_\_ after eating, three times a day.  
 A. fruit                      B. medicine                      C. meat                      D. fever
- Do you eat fruit and vegetables? - \_\_\_\_\_.  
 A. I see                      B. OK                      C. No, not really                      D. I feel sick

**Period 15**  
**UNIT 2: HEALTH**  
**LESSON 2-2 (Grammar)**

**I. Grammar**

\* **SHOULD/ SHOULDN'T**: give advice/ ask for advice

<b>SHOULD + V...</b> Ex: You <b><u>should</u></b> eat fresh fruit.
<b>SHOULD NOT / SHOULDN'T + V...</b> Ex: You <b><u>should not</u></b> eat a lot of fast food.

**REMEMBER:**

**SHOULD = OUGHT TO + V...**

**SHOULD NOT = OUGHT NOT TO + V...**

**II. Choose the correct answer should or shouldn't**

1. You *should/ shouldn't* stay up too late because it's not good for your health.
2. No one *should/ shouldn't* be late for school tomorrow because we will have an exam.
3. You *should/ shouldn't* go for a check-up regularly.
4. What *should/ shouldn't* I do to learn better?
5. My father thinks that I *should/ shouldn't* play online games.
6. You *should/ shouldn't* learn about some cultural features of the country you are going to visit.
7. *Should/ Shouldn't* I watch TV or go out with friends now?
8. How much time *should/ shouldn't* I spend on this task?
9. Old people *should/ shouldn't* work too hard. They need a lot of time to relax.
10. Which dress *should/ shouldn't* I wear today?

**III. Read the following passage. Decide if the statements from 1 to 4 are True or False and choose the correct answer (A, B, C or D) for the questions 5 and 6.**

Sleep is of great importance to our life. It provides our body time for relaxation. We wake up to be energetic for a day of work or school. How much sleep do we need? We are all different. A baby needs 16 hours of sleep every day. Children 6 to 12 years old need an average of 10 to 12 hours of sleep. A teenager needs 9 to 10 hours of sleep. An adult needs an average of 7 to 8 hours a night. There are some people who need only 3 hours of sleep. Others need 10 hours of sleep. After the age of 50, the average sleep time goes down to 6.5 hours a night. We need less sleep as we get older. Most people have some nights when they cannot sleep. Continual lack of sleep causes bad health problems and a child's growth.

1. Sleep is very important for everyone. \_\_\_\_\_
  2. People don't need to sleep. \_\_\_\_\_
  3. 6.5 hours a night is the average sleep time of the age of 50. \_\_\_\_\_
  4. We become younger when we need less sleep. \_\_\_\_\_
  5. How many hours of sleep does a teenager need every day? - \_\_\_\_\_.
- A. 7 to 8 hours      B. 8 to 9 hours      C. 9 to 10 hours      D. 10 to 11 hours
6. The health problems and a child's growth are bad because of \_\_\_\_\_.
- A. continual lack of sleep      B. a difficult book  
C. lack of energy      D. people's food

TRƯỜNG THCS PHAN CÔNG HÓN

TỔ TIẾNG ANH

TIẾNG ANH 7

TUẦN 5 (TỪ 02/10 ĐẾN 07/10)

**PHIẾU TỰ HỌC**

**Period 13: Unit 2 – Lesson 1-3 (Pronunciation)**

**Period 14 + 15: Unit 2 – Lesson 2-1+ 2-2 (New words + Grammar)**

**New words (SGK trang 15)**

A – 1      B – 8      C – 7      D - 6

E – 2      F – 4      G – 5      H - 3

**Listening (SGK trang 15)**

a. → 2. He is sick.

b. 1. sore throat      2. (very) tired      3. late      4. laptop      5. seven / 7

**Bài nghe:**

**Jacob:** Good morning, Doctor.

**Doctor:** Good morning, Jacob. What can I do for you today?

**Jacob:** I'm not feeling very well.

**Doctor:** How are you feeling?

**Jacob:** I have a sore throat and I feel very tired.

**Doctor:** I see. Are you getting enough sleep every night?

**Jacob:** Hmm...Not really. I often stay up late because I have a lot of homework.

**Doctor:** Do you use a computer for your homework?

**Jacob:** Yes. I use a laptop all the time.

**Doctor:** Well, you shouldn't stay up late or spend too much time on your laptop.

**Jacob:** OK, I'll try.

**Doctor:** And you should get at least 7 hours of sleep every night. Eight or nine hours would be better.

**Jacob:** OK.

**Doctor:** Here's some medicine for your throat. Take it every morning and night.

**Jacob:** Thanks, Doctor.

**Doctor:** You're welcome.

**Grammar (SGK trang 16)**

b. 1. You shouldn't eat so much candy.

2. You should take medicine.

3. You shouldn't eat junk food.

4. You should see doctor.

5. You should take eye test.

6. You shouldn't sit down all day.

7. You should eat something.

c. 1. You **should** take some medicine.

2. You **shouldn't** eat too much junk food.

3. What **should** I do to lose weight? - You **should** eat more fruit and vegetables.

4. **Should** I join a gym? - Yes, you **should**.

5. You **should** get some rest.

6. You **should** go to the dentist.

7. You **shouldn't** drink so much soda.

## SỬA BÀI TẬP TUẦN 4

### Period 10: TEST - UNIT 1

**I. Find the word whose underlined part differs from the other three in pronunciation.**

1. A. bakeses                      B. collects                      C. takes                      **D. does**  
2. A. soccer                      **B. city**                      C. collection                      D. comic

**II. Find the word that differs from the other three in the position of primary stress.**

3. A. market                      B. comic                      C. sticker                      **D. online**  
4. A. basketball                      **B. equipment**                      C. badminton                      D. skateboarding

**III. Choose the word or phrase (A, B, C or D) that best fits the space in each sentence.**

5. They \_\_\_\_\_ to the bowling alley tonight.  
**A. are going**                      B. to go                      C. goes                      D. went
6. We are going camping this weekend. Do you want \_\_\_\_\_ ?  
A. comes                      B. came                      C. come                      **D. to come**
7. He often \_\_\_\_\_ stickers in his free time.  
A. collect                      **B. collects**                      C. collected                      D. collecting
8. Lets meet \_\_\_\_\_ front of the theater.  
A. on                      B. at                      C. about                      **D. in**
9. Does she like building \_\_\_\_\_ ?  
A. cakes                      B. V logs                      **C. models**                      D. comics
10. We are doing our homework \_\_\_\_\_ .  
**A. tomorrow**                      B. yesterday                      C. last night                      D. two days ago
11. The children \_\_\_\_\_ swim in the winter.  
A. do                      **B. don't**                      C. does                      D. doesn't
12. What a busy man! He doesn't have \_\_\_\_\_ .  
A. housework                      B. games                      **C. free time**                      D. activities
13. I \_\_\_\_\_ comics in the library when I have free time.  
A. build                      **B. read**                      C. play                      D. make
14. Sports and music are my \_\_\_\_\_ .  
A. homework                      B. activities                      **C. hobbies**                      D. housework

**IV. Read the signs and choose the best answer .**

15. What is the photo about ?



- A. Surfing                      **B. rock climbing**  
C. badminton                      D. Skate boarding

16 . What is the photo about



A. bake cakes

B . make V logs

C. read comics

**D. build models**

**V. Choose the word (A, B, C or D) that best fits the space in the following passage.**

My name is Mike. I'm doing a survey about my friends' hobbies. They all like doing different (17) \_\_\_\_\_. My best friend, Linda, likes playing the violin (18) \_\_\_\_\_ her free time. She plays it very well. She started practicing violin when she was only four. She wants to be a ( 19) \_\_\_\_\_ when she grows up. Unlike Linda, Peter isn't good at music. He likes collecting movie posters in his free time. He also ( 20) \_\_\_\_\_ an amazing big collection in his room. A bit different from Peter, Andy loves painting (21) \_\_\_\_\_ when he has free time. He often goes to the art gallery to look at (22) \_\_\_\_\_ paintings. Andy wants to study arts when he goes to university.

17. **A. activities**

B. hobby

C. housework

D. homework

18. A. on

B. at

**C. in**

D. from

19. A. teacher

B. doctor

C. farmer

**D. musician**

20. A. make

**B. has**

C. visit

D. swim

21. **A. pictures**

B. comics

C. cakes

D. online games

22. A. fat

B. short

**C. beautiful**

D. tall

**VI. Read the following passage. Decide if the statements from 23 to 26 are True or False and choose the correct answer (A, B, C or D) for the questions 27 and 28.**

Shuttlecock ( da cau) has been played in Viet Nam for hundreds of years. It's popular because it's easy to play and the rules are simple. Most people teach themselves how to play it. After 1975, Dr. Nguyen Khac Vien, a Vietnamese historian, tried to reintroduce the games to children as an easy and healthy sport to play. You can play shuttlecock in a group, with just two people or by yourself. Shuttlecock has become one of the most popular sports in Vietnam for a long time.

23. Shuttlecock is difficult to play and the rules are simple.

\_\_\_\_\_ FALSE \_\_\_\_\_

24. Most people teach themselves how to play it.

\_\_\_\_\_ TRUE \_\_\_\_\_

25. You can play shuttlecock in a group, with just two people or by yourself.

\_\_\_\_\_ TRUE \_\_\_\_\_

26. Shuttlecock hasn't become one of the most popular sports in Vietnam yet.

\_\_\_\_\_ FALSE \_\_\_\_\_

27. How long has shuttlecock been played in Viet Nam?

A. For hundreds of days

**B. For hundreds of years**

C. For hundreds of weeks

D. For hundreds of months

28. When did Dr. Nguyen Khac Vien try to reintroduce the games to children as an easy and healthy sport to play ?

A. After 1965

B. After 1956

C. After 1957

**D. After 1975**

**VII. Use the correct form of the word given in each sentence.**

29. This is my stamp \_\_\_\_\_ **collection** \_\_\_\_\_.

(collect)

30. We \_\_\_\_\_ **are** \_\_\_\_\_ students in this school.

(be)

31. That film is very \_\_\_\_\_ **exciting** \_\_\_\_\_. We like it.

(excite)

32. We rent the \_\_\_\_\_ **safety** \_\_\_\_\_ equipment when going zorbing with our friends.

(safe)

33. Her brother \_\_\_\_\_ **doesn't make** \_\_\_\_\_ the bed after getting up .  
make)

(not

34. I \_\_\_\_\_ **am swimming** \_\_\_\_\_ in this pool tomorrow.

(swim)

**VIII. Rearrange the groups of words in a correct order to make complete sentences.**

35. reading comics/ I are/ tonight./ Tom and/

→ Tom and **I are reading comics tonight.**

36. cakes on Sunday / Does your / morning?/ sister bake/

→ Does your **sister bake cakes on Sunday morning?**

**IX. Rewrite each of the following sentences in another way so that it means almost the same as the sentence printed before it.**

37. Making V- logs is her hobby.

→ She **likes making V-logs.**

38. We will go to the sport center tomorrow.

→ We are **going to the sport center tomorrow.**

39. I don't like extreme sports

→ Extreme sports **are not my hobbies.**

40. There aren't any extreme sports in the children' sport centers.

→ The children' sport centers don't **have any extreme sports.**

**Period 11: Unit 2 – Lesson 1.1**

**II. Choose the word or phrase (A, B, C or D) that best fits the space in each sentence.**

1. You should do more exercise to stay\_\_\_\_\_.

**A. healthy**

B. unhealthy

C. asleep

D. fast

2. She tries to get at least eight hours of\_\_\_\_\_ every night.

A. fruit

**B. sleep**

C. lifestyle

D. drink

3. It's a great idea to \_\_\_\_\_, like carrots and onions, with meat and fish.

A. eat fast food

B. drink soda

**C. eat fruit and vegetables**

D. do some exercise

4. My sister often has sweets and \_\_\_\_\_ drinks with every meal.

A. slow

B milk

C. junk

**D. soda**

5. Eating too much \_\_\_\_\_ is not good for your health.

A. vegetables

**B. fast food**

C. fruits

D. books

6. It's important to \_\_\_\_\_ regular daily exercise every day.

**A. get**

B. drink

C. go

D. sleep

7. Food which contains a lot of sugar is \_\_\_\_\_ for everyone to eat.

A. fresh

B. asleep

**C. unhealthy**

D. good

8. Apples, bananas and oranges are some types of\_\_\_\_\_. Would you like some for dessert?

A. food

B. soda

C. lemon

**D. fruit**

9. Staying off \_\_\_\_\_ because it contains a lot of fats and sugar.

A. fruit juice

B. junk yard

**C. junk food**

D. healthy food

10. Do you have a healthy \_\_\_\_\_?

**A. lifestyle**

B. sleeps

C. fast food

D. vegetables

### III. Write the suitable word for each picture



1. eat fruit and vegetables



2. drink soda



3. eat fast food



4. get (some) sleep



5. healthy



6. unhealthy

### Period 12: Unit 2 – Lesson 1.2

#### II. Choose the correct answer of the indefinite quantifiers.

1. I don't eat any / a little junk food.
2. We drink lots of / much water every day.
3. How much / any fruit did you eat yesterday?
4. He does much / a little exercise in the morning.
5. She doesn't do any/some exercise.
6. There wasn't any/ some rain yesterday.
7. He's always busy. He has much/ many time to have a rest.
8. How a lot of/ many students are there in your class?
9. There isn't any/ lots of shampoo in the bathroom.
10. Would you like some/ not much tea?